

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:35	FE-2	ACS CDMK CO2 read
08:15–08:25	CDR	Payload status check
08:15–08:55	FE-1	ELECTRON: multifiltration unit (БКО) R&R
08:55–09:05		Gas analyzer deactivation in Soyuz TMA-1
09:00–10:30	CDR	Physical exercise (RED)
10:00–11:00	FE-2	Physical exercise (TVIS)
10:30–11:30	CDR	Physical exercise (CEVIS)
11:00–12:30	FE-2	Physical exercise (RED)
11:00–12:30	FE-1	Physical exercise (TVIS-3)
12:30–13:30		LUNCH
13:35–13:55	CDR	METOX battery install
14:00–17:00		EMU donning training
17:00–18:00	FE-1	Physical exercise (VELO + Load Trainer-1 / day 3) (optional)
17:40–18:10		EMU donning training: tagup w/ ground specialists (optional for FE-1)
18:10–18:15	FE-2	ACS CDMK CO2 read
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US procedures

End of radiogram